



2010 Annual Report of DIXI Resource Centre, Oslo

Objectives

DIXI works to help rape victims and their families, to disseminate information about delayed problems and subsequent injuries, and also to increase public awareness and prevention.

Method

DIXI works according to the “help to help yourself” method and complements the public assistance agencies.

Services

DIXI Resource Centre provides:

- One-to-one conversations for rape victims and their families
- Discussion groups for victims of rape
- Discussion groups for families and friends
- Telephone advice
- Guidance by e-mail and text messaging
- Information about rights and obligations
- Theme evenings
- Information about the assistance agencies
- Lectures at schools, for politicians, associations and the assistance agencies in general
- Free legal aid
- List of lawyers who can work on your behalf and psychologists/therapists whom we prefer to recommend
- Recommended reading list

Target groups:

- Girls and women who are the victims of rape – include women from minority groups
- Boys and men who are the victims of rape – including those from minority groups

The centre is a low-threshold service, which entails it is free and that a referral from a psychologist or doctor is not required.

Key figures from 2010 In 2010 DIXI Oslo had a total of 2407 enquiries.

473 of these came to us from the public assistance agencies. Users who have been in contact with the centre this year have been aged from 14 to 60.

The majority of referrals have come from young clients. Many of them have been subject to teenage rape/date rapes committed by their contemporaries. These rapes often happen at home alone parties, class parties as well as at larger events.

The statistics show 1,229 enquiries from Oslo and 734 enquiries from other municipalities. In addition there have been 238 anonymous enquiries. See the statistics. Those who contact DIXI may do so anonymously. It is therefore impossible to say with certainty how many of the anonymous enquiries come from Oslo, and how many come from the rest of the country.

DIXI's website can be found at: www.dixi.no, and was visited 129,382 times compared to 104,921 times 2009. This is an increase of 18.9%. For 2010 the average daily count is 354 throughout the year.

There were approximately 372,269 visited pages in 2010 compared to 551,800 visited pages in 2009, a drop of 32.5 %. This means that each visitor views 2.87 pages on average (down from 5.3 pages in 2009).

The number of visits to the website has increased, while the number of pages displayed is dropping. A possible explanation for this may be that the design and structure was changed in 2009. This is not necessarily negative, but rather an indication that the restructuring was successful due to visitors finding the information they were looking for faster. Developments in 2011 may provide more information on this.

The website contains good and useful information on rape. The page also acts as a support and aid for rape victims, next of kin and assistance agencies.

Increasingly more specialists and politicians are making use of DIXI's expertise.

Self-help groups

Four conversation groups have been held for raped women in 2010. Three groups were started in the spring, and one in the autumn. Three groups have also had a semi-annual evaluation during the spring and autumn.

DIXI hires consultants to shed light on subjects the group members particularly wish to focus on, e.g. the counsel arrangement, rights and obligations in connection with reporting rape and compensation to victims of violence. Specialist consultants we have used have been:

- Lawyer Hege Salomon from lawyer firm Salomon – Johansen.
- Psychotherapist Julianne Appel Opper and
- gestalt therapist Bjørg Tofte, who has participated in the groups and talked about shame and guilt.

The groups "live" for a period of three to four months. They meet once weekly, for two hours at a time. Those attending the groups always have a one-on-one chat with the group leader before joining the group. At the final group meeting a follow-up meeting is scheduled to take place about six months later.

DIXI has allowed the participants to complete anonymous evaluation forms at the follow-up meetings. Feedback is good.

Self-development group

Theme: How to get to know our own resources and make use of them when life feels tough and difficult.

Method: Conversations, group exercises and various creative methods

Responsibility and organization of the group was by Vilde Mordal from DIXI and Julianne Appel Opper, who is a clinical psychologist and approved integrative and gestalt therapist. She has developed “Relational living Body Psychotherapy” and teaches this internationally. For more info, see: www.TheLivingBody.de

DIXI had a self-development group in 2010, which the participants were very satisfied with. We therefore organized a new self-development group on Thursday 11 November.

This was not a therapy group. This entailed that the group participants did not require too much assistance, but were capable of carrying their own process. The group acted as an important support for self-development. The self development group was based on the individual participant’s needs and position. The group had six participants.

The feedback from the group's participants has been good.

One-on-one conversations

The need for one-on-one conversations is significant. This work therefore has high priority. The staff spend a considerable amount of time and resources on one-on-one conversations. The conversations take place both over the telephone and at the resource centre. In 2010 we had 1045 users, and additionally received 276 new users, of which 36 were men. We had 167 family member enquiries, of which 92 were new.

Often the enquiries are from family members - usually a mother or father contacting us following their child being a victim of rape. Partners are also among those who get in touch. In addition numerous enquiries are received by e-mail and text messages, particularly from young people.

The DIXI Award

The 2010 DIXI award was presented to the TV2 journalists Asbjørn Øyhovden and Connie Bentzrud

The award was presented at a formal event at DIXI Resource Centre on Thursday 16 December from 5 p.m. to 7 p.m.

The DIXI Award is presented to individuals or companies that have worked with particular tenacity and determination to help victims of sexual abuse. In DIXI’s view this subject should receive more attention, and we want to demonstrate that we closely follow the work that is being done in this field.

TV2 journalists Asbjørn Øyhovden and Connie Bentzrud have for many years, through a number of news reports, uncovered inadequacies in the police and prosecuting authorities'

work in cases related to violence and sexual abuse, particularly those directed at children and youths. They have further confronted politicians in individual cases and cases of principle where the victims of sexual assaults have not been afforded legal protection.

The journalists have been courageous and confrontational in their work towards responsible authorities, while also caring for the individuals who have been victims of abuse.

Focus on the legal position of rape victims has not traditionally been given much attention in the media. It is therefore particularly commendable that the journalists for a sustained period have chosen to focus on the legal position of vulnerable people.

Asbjørn Øyhovden and Connie Bentzrud have demonstrated great insight into legal rules in the area of criminal law, and have by way of high quality work contributed to improve the legal position of victims in the criminal justice system, and also contributed to raise awareness in general in society in relation to focusing on the legal position of rape victims.

The DIXI Award is a special ceramic statue created by potter and artist Siv Andersen from Sandnes www.sivandersen.no

For more information on the 2010 DIXI award, see www.dixi.no

Activities

Raising DIXI's profile

Rape is still very much taboo. DIXI works towards creating greater openness around rape. The centre actively works with information and promotion of DIXI's services in order to exemplify just how serious the consequences of a rape are. Rape is a very serious violation of personal integrity. It is also a serious crime. Reactions/trauma can be significant.

DIXI also works with prevention and raising public awareness.

It is our desire to reach as many as possible with our message and to assist those who need us. Unfortunately, rape as a phenomenon is not declining. Rape myths are resilient with both victims, perpetrators and assistance agencies. This is why it is so important for DIXI to maintain high public visibility.

It was therefore a disappointment that public authorities reduced grants for information campaigns. The remaining information funds we had at our disposal were used as follows:

- Search optimizing
- Upgraded the www.dixi.no website with information in 10 languages
- New multicultural brochure in 10 different languages
- Distribution of brochure material
- BBus campaigns, using advertising agency JCDecaux. This campaign was highly visible.
- Internet/interactive media:
 - o In 2010 DIXI has used the following websites: Kvinneguiden, Facebook, MSN Messenger and frivillighetsportalen (Oslo municipality).
- We have also advertised in the daily and weekly press.

- The centre has staffed a stand at the Oslo City shopping centre twice during the year.

Targets for information to the media and in public for 2011:

- The media target for DIXI is to raise the visibility and awareness of DIXI amongst both youths and adults of both genders, as well as amongst multicultural communities.
- Through visibility in the media, we intend to increase the awareness of DIXI and the services we provide amongst the target groups.

DIXI on the road

Specialist tour to Berlin Wildwasser 3. – 6 May 2010

Purpose of the tour:

Specialist issues we wanted to focus on:

- Relationship to authorities/financing/society at large
- Organization/methods and activities
- Internal professional input
- Self-help groups – organization/structure/user response
- group dynamic in relation to individual differences/culture/age, etc.

Psychologist Julianne Appel Opper, who has held seminars and provided guidance to DIXI previously, was our local contact. Julianne had organized the visits to the Wildwasser centres. She accompanied us in meetings and in professional conversations and was responsible for DIXI's staff seminar.

About Wildwasser

“Wildwasser” is not an organization, rather an association of autonomous centres that work based on a common platform and quality standard based on research and surveys. There are currently approx. 40 Wildwasser centres all over Germany and cooperation with several Eastern European countries has been initiated.

We had an appointment with Wildwasser in Wedding, a traditional workers' neighbourhood in Berlin. Here we met with Eva-Maria Nicolai, who previously headed Wildwasser Berlin. The centre was beautifully located in a garden. It housed both a shelter – a secure living unit for young, vulnerable women where they also have access to support and counselling – and offices for administration, meeting rooms, group rooms and conversation rooms. The house, that was erected by a factory owner, was originally “purchased” for 1 Euro in a very poor condition. Much work lay behind the beautiful, light and functional premises we visited. Eva-Maria spoke on the history of the organization and provided information on current operations. “Wildwasser” grew out of the feminist movement in the early 1970s. Four adult women, who themselves were victims and had survived, were among the first to raise the issue of sexual abuse in Germany. This was somewhat of a taboo at the time. The age was characterized by focus on house, home, family and career. The initiative attracted massive publicity. The initiators were inspired by the USA, where the issue of sexual abuse and sexual

violence was already on the agenda. “Wildwasser” means wild water, as a symbol of life going on, hope and strength.

The feminist position is still an important basis for the Wildwasser movement and the work directed at women.

The first work that started was self-help groups. In time, the need for counselling – one-on-one conversations – arose, and a separate office was opened for this purpose in 1978. Since then the service has been extended to family members (including men) and counselling for assistance agencies.

Today the theme is not perceived as taboo in public. The authorities were commended for recognizing the problem, and among other things, a hotline has been opened. Another example that the issue has been recognized is a publicly appointed council at a high level where Eva is a member.

Operations are publicly financed based on grant applications (as we are familiar with). A clear advantage is that grants are provided for two years at a time. However, despite the recognition, one still has to constantly lobby various fractions of politicians in the senate, Berlin's “city council”. Publishing articles and participating in debates are important instruments.

The justice system distinguishes between the severity of the abuse, and the sentencing framework is 2 – 15 years.

Organization – work method:

Counselling – one-on-one conversations

Wildwasser Wedding offers 4 – 5 one-on-one conversations for the users with one of the employed counsellors at the centre. If this is inadequate to find the way ahead, the centre assists in finding where and who can provide further help. Experiences have been good with so-called “transitional conversations,” where the contact from Wildwasser participates along with a therapist, in cases where the therapist allows for this. Another problem, that we also are familiar with, is that the possibility of obtaining the required professional help is limited by the users' personal economy.

Telephone service

The telephone service at the centre in Wedding was disengaged from the day-to-day work and the telephone duty officer had a separate, closed office.

Wildwasser Self-help Centre in Kreuzberg

Here we met two young women, both with their own experiences and relatively new as employees. We gained a lot of respect for the enthusiasm and commitment they displayed.

Self-help groups – methodology and structure

The groups are to a large degree self-run. Initially two employees from Wildwasser participate in the first two group sessions. This is order to gauge the atmosphere, monitor any conflicts and facilitate the process. The group can request guidance and support later. The employees also stay in touch with the group participants and offer conversations if this is necessary. There are no fixed rules for how long or how often the groups meet. Nor are there no

obligations toward the participants to attend. One important condition is that participants must respect each other.

One often sees social isolation as a problem among victims and users. The groups function as a social forum and an important step on the path to break out of isolation. There are examples that the groups have gone on for years, and where the extracurricular social activities constitute much of activities.

The groups are primarily made up of German women. There are few minority participants. Theme groups in arts, work-related subjects, bodywork, etc. are also organized. Wildwasser's basic premise is that participants/users are adult, independent women and there is much emphasis on self-help and autonomy.

Feedback from participants is that they appreciate the focus on self-help, the feminist foundation, respect for individuals and the lack of diagnostic thinking.

Group supervision for employees is organized in two main areas, in an organizational perspective and in a "case" from contact with users. There is also continuous guidance of colleagues as required.

Own experience is emphasized for everyone who participates in work with users.

In addition to the group activities, the self-help centre had established a "night café" in the same building. The café was open three days a week from 8 p.m. to 2 a.m. and was an informal drop-in place with user-participation. It was also open on Christmas Eve, New Year's Eve and other holidays – with several guests. We were shown the café premises.

Staff seminar

Review and exchange of experience of the meetings and impressions we had gained.

The seminar was held in Potsdam, and as an extra "bonus" on this day we were given a tour of important historical locations from World War 2.

In the evening we met with psychologist Susan Scharweiss who gave us a tour of Berlin where we experienced the Holocaust monument. This was a strong experience.

Conclusion with Frida Kahlo

We spent the last day at an exhibition of paintings by Mexican artist Frida Kahlo (1907 – 1954). She was one of the most influential painters in Mexico in the middle of the last century. She was surrealist and painted her life. The latter was interesting to us. Frida Kahlo suffered from polio when she was five years old. When she was 18 she was the victim of a bad bus accident and lived in great pain for large parts of her life. To us it was interesting to see how she expressed this pain, longing and sorrow in a creative, distinct and yet subtle manner. The pictures continue where the words stop...

Conclusion:

- strengthened professional and social sense of community
- that fact that Julianne was present contributed to integrate the professional conversations in the entire stay and the programme was fluent and uncomplicated.
- We experienced and confirmed that we have a sound professional basis, and the exchange of experience and viewpoints with others in the same field confirm this.
- It is clear that DIXI stands out with its service in being available for the users when they need us, and we want to pursue this.
- We bring back impulses on user-participation and taking care of the "whole person," including the social aspect.
- How significant it is to experience that we are a part of a greater community.

Despite the good intentions of politicians and society, there is the common experience that it is difficult to make headway in terms of financing!

Theme evenings

The first theme evening of the year was organized on 3 February with lecturer Erika Beata Thorkildsen, who is a graduate psychotherapist and specialist in Body-focused trauma treatment. (Somatic Experiencing, SEP)

Theme for the evening Body-focused trauma treatment with refilling of resources and meditation.

Somatic Experiencing gives us an understanding of how trauma infests the body and affects the nervous system – and how we release them and regain our strength. The body moves from stress to balance. The method is efficient, safe and gentle.

Through focus on strengthening own resources, a healing process can begin where we, assisted by the body, can release old traumas and allow our energy to awaken.

Increased support to yourself provides opportunities for more energy and joy.

On 10 March police inspector Ann K. Grosberghaugen from the vice section in Oslo police district spoke on the role of the police in rape cases.

Here she presented statistics, who the victim is, who is the perpetrator is and where the assaults take place. She also spoke on what happens during the initial phase (emergency phase), who the police cooperate with and provided examples of cases and acquittals. This was important information on the part of the police.

On Wednesday 17 March we arranged an internal evening – storytime for the users. Storyteller was Savannah Frenning, who is 34, Swedish and studies oral storytelling at Oslo University College. She has a degree in body therapy from Axelsons Gymnastiske Institutt in Stockholm, is a culture journalist and has studied drama and the theatre. In 2006 she started the project Sisterhood of Oslo, and has written a manual on working with girl groups and self-confidence. She has lived in Oslo for 10 years and speaks Swedish, with a dash of Norwegian. The inspiration to work with stories arises from using the stories' symbols and archetypes for healing and insight into her own life and challenges.

Stories have been told over camp fires since the beginning of time. Stories have been used as entertainment and as a point of gathering. They have also been used as inspiration and to get to know oneself. We all have a heroine inside us, a smart girl with a twinkle in her eye, and a frightened and invisible one that only wants to hide, and so on.

The fairy tales have a number of symbolic representatives for our own inner psychic forces that are played out in our own lives and our own life's historical story. The stories refer to difficulties, hope and forces and helpers on our way to find the goal and change. Much like our own lives in different ways.

The stories this evening were:

La Loba – the wolf woman, by Clarissa Pinkola Estés
The Visor's daughter, an Arabian fairytale

The shell woman, an inuit fairytale
The invisible child, a mumin fairytale by Tove Jansson

Eli Rygg, author, works with children and families that need help and support in difficult situations. (Famous from children's TV, Portveien 2) She held a lecture on Tuesday 27 April. Theme: My inner child – the right to be me.

From the time we are children we are compared to everyone else. Both in school and elsewhere in society we are categorized. This may cause us to experience that we have lost sight of ourselves, whom we really are. Many of us have also experienced sexual abuse.

During the lecture, Eli gave us some simple exercises to use as tools in everyday life.

In the beginning of July, Einar Øverenget gave a talk. He is a philosopher at Humanistisk Akademi, author and speaker. He works with issues related to ethics, values, cultural development and anti-corruption in a number of Norwegian and international companies. He is also concerned with making philosophy accessible and has for a number of years been resident philosopher on a radio show. He has also published a number of books. The theme of the evening was the “Philosophy of happiness”.

What is necessary to thrive, do your best and be happy. Sometimes we are so busy that we fail to see our own opportunities. Other times we feel stuck. Happiness and the good life are connected to how you view life and yourself. Do you view yourself as a mover or pawn in your own life? I believe everyone is a mover – but we sometimes forget that, says Einar Øverenget. Philosophy is a road to self-recognition in the sense that one becomes aware of oneself as master of one's own life.

In September we organized the theme evening “The secret of the other – empathy in a new light”

With speaker DR. Frank M Staemmler, Dipl. Psych.

The German psychotherapist has recently published an award-winning book that sheds light on this important subject.

He draws not only on more than 30 years of experience as a therapist, but also on recent research into neuroscience, philosophy and psychology. He bases this on that the conclusions illustrate that we people at a completely basic level are intuitively and physically connected, and that we therefore are capable of uncovering each other's experiences.

In order to enter into a relationship with another human being, we must be able to “sense” the other; we must attempt to understand. This is what we call “empathy”. Without a minimum of empathy it would be difficult to handle almost any day-to-day situation between human beings. In the assistance professions empathy is even more important.

The lecture will emphasize that empathy is not one-sided, but a common experience that takes place between two people and that empathy is not merely a purely logical understanding of the other, but a process that also includes our bodily existence. Empathy is something that doesn't only happen with the other person, but also in the common situation that we both are a part of.

Being empathetic means being involved, affected by and touched in different ways.

To put it simply: You have to feel *along* to understand.....

The theme evenings have been varied and interesting with good attendance from users, family and the professional community.

Lectures and student guidance

This year DIXI has held lectures and provided guidance to:

- employees at DPS/BUP Lørenskog psychiatric centre.
- Hvalstad asylum reception centre, trafficking group
- Professional forum for health visitors in Akershus
- social workers at Grünerløkka social welfare office, Oslo
- criminology students in Oslo
- social education students from Akershus University College (HIAK)
- secondary school students, upper secondary schools
- JURK (Legal counselling for women)

Students from upper secondary schools and university colleges, who have been involved in projects on rape and sexual abuse at school have also been in touch with us for advice and guidance, both at the centre and by e-mail from different parts of the country.

Visiting student

In October a midwife student visited the centre to learn more about violence and sexual abuse and pregnancy/birth after abuse. DIXI considers this an important subject and an issue that care workers involved in pregnancy and birth should have good knowledge of.

Meetings with political authorities

During the course of the year meetings have also been held with politicians to inform them about DIXI's objectives, services and activities. In particular there have been meetings because Bufdir wanted to reduce DIXI's budget for information campaigns to raise public awareness of DIXI. This resulted in an appeal.

In connection with the appeal, the following meetings were held:

- Meeting with city councillor Sylvi Listhaug, where also Turid Glærum participated from the City council section for the elderly and social services.
- Meeting with head of Oslo Liberal Party, Toril Berge and political advisor Sigrd Gardsvoll of the Christian Democratic Party in Oslo municipality
- Meeting with the Ministry of Children, Equality and Social Inclusion where undersecretary Henriette Westerin, department director Ragnhild Bendiksbj BLD and city councillor for health and social services Sylvi Listhaug from Oslo municipality participated. Chairman of the board Ivar Westhagen and general manager Herdis Magerøy from DIXI participated. The meeting came about through city councillor Sylvi Listhaug following the appeal of Bufdir's decision.

Work on the appeal has required a lot of work on the part of DIXI – resources that could have been used for professional work.

City councillor Sylvi Listhaug also visited DIXI and had a meeting where we provided information on DIXI's work. One of the centre's users also participated in this meeting. There was also a meeting with Bente Arnesen, adviser and secretary for the council for the disabled with the Health and Welfare Agency in Oslo municipality. DIXI also sent a delegation to the Health and Social Affairs Committee in Oslo municipality where the appeal was discussed.

DIXI is also used as a consultation panel for the ministries in cases that concern our specialist area.

Teamwork

Our partners are the police, the Sexual Assault and Rape Clinic, the Crisis Centre, the Support Centre against Incest (SMI), and other relevant bodies within the public assistance agencies. Each year we visit some of our partners.

It is essential to DIXI that we build up a solid network.

Membership in FMSO - collaboration against sexual abuse

DIXI is a member of FMSO. FMSO wishes to contribute towards developing the centres to constantly better organizations in accordance with the requirements of users, research and social conditions in general. Through a joint organization and website we shall increase our visibility. You can find more information on FMSO at www.fmso.no

Trial project with legal assistance

Introduction

DIXI Resource Centre Oslo applied by letter of 09/12/2009 for financial support for a duty lawyer scheme at the centre. The Ministry of Justice informed by letter of 25/05/2010 that the Ministry allocated 137,000 for 2010 for the project. In connection with the grant it was required that a report should be prepared with an account of experience with the project etc.

The practical implementation

The duty lawyer scheme has been implemented in accordance with the guidelines that were set up, and the funds have been used for the objectives for which they were applied.

The centre has actively informed about the service, both directly to those who contact the centre and on the internet, etc., as well as distributing information. It has been advertised in the daily/weekly press and other relevant media channels. Translated information in English, Urdu, Arabic and French has also been distributed. The information has been sent to the relevant bodies amongst assistance agencies directed at these target groups.

Regular lawyer meetings have been carried out at the centre, with two hours every Thursday from 2 to 4 p.m.. The scheme with two hours has proved to be appropriate.

The duty lawyer scheme has in accordance with the premise been implemented by the lawyer/legal assistant being present at the centre for direct availability for users. The centre has arranged a separate room, with a telephone, computer equipment (including internet access, etc.) where the client and lawyer/assistant lawyer have been able to talk uninterrupted. In addition the duty lawyer has taken enquiries over the telephone and by e-mail.

It must be mentioned that the lawyers/assistant lawyers on this duty scheme have also helped with regard to telephone enquiries outside the ordinary duty scheme.

Number and type of cases

In 2010 55 enquiries were registered by the duty lawyer scheme. This is decline in enquiries from last year. In 2009 the duty lawyer scheme had 86 enquiries.

Compared to the start of the duty lawyer scheme in 2007, there has been a significant increase. In 2007 the duty lawyer scheme had 32 enquiries in five months.

Issues that have been raised have to a large degree been of a criminal character. Most of the enquiries have been related to sexual violence, cf. chapter 19 of the criminal code. Within criminal law there have been 24 enquiries concerning general issues and 40 enquiries concerning specific issues. In terms of compensation there have been 7 enquiries concerning general issues and 19 enquiries concerning specific issues. There have also been questions related to children's law/family law, immigration issues and cases against public authorities, housing conditions, working conditions, etc.

In 2007 all enquiries came from women. In 2010 there were six enquiries from men. There has thus been a small increase in the number of enquiries from men compared to 2009. In 2009 there were five enquiries from men. Those who contacted us included both persons who had not been in contact with a lawyer previously, and persons who had already had contact with other lawyers.

Of the 55 persons that contacted DIXI, 40 would not have contacted a lawyer without DIXI's duty lawyer scheme. This constitutes 72.72%. Compared to 2009, the share of people who would not have approached a lawyer without DIXI's duty lawyer scheme has increased. This is demonstrated by the fact that in 2009 35 of 86 people would not have approached a lawyer without DIXI's duty lawyer scheme. This constitutes 40.69%. From 2009 to 2010 there has thus been an increase of 32.03%.

In 2010 51 of the 55 enquiries were referred to legal assistance/follow-up. This constitutes 92.72%. Compared to 2009, the share referred to further legal assistance/follow-up has increased significantly. In 2009 56 of 86 enquiries were referred to legal assistance/follow-up. This constitutes 65.11%. From 2009 to 2010 there has thus been an increase of 27.61%.

Those who have made contact have received help from lawyers/legal assistants with experience from the type of cases the centre works with. In 2010 DIXI has used lawyers from the Salomon-Johansen and Bache-Wiig law firms. Celine Backe is the lawyer who has been used from the Bache-Wiig law firm. DIXI has used the lawyers for many years. They have expertise and long experience.

Result

Even though the duty lawyer saw a decline in the number of enquiries in 2010, the legal aid requirements of the enquiries have significantly increased in 2010. This is illustrated by 92.72% of the enquiries being referred to legal assistance/follow-up, which is an increase of 27.61% from 2009. This indicates that there is a real need for legal assistance that is not satisfied amongst rape victims.

There has further been a strong increase in the share of people who would not have approached a lawyer without DIXI's lawyer scheme. The increase from 2009 to 2010 was 32.03%. This indicates that the lawyer scheme is working as intended. The duty lawyer scheme is a low threshold service that reaches more users than traditional lawyers. It reaches people who would otherwise not have sought legal assistance, and thus reveals unrecorded cases. One can safely conclude that the duty lawyer arrangement has been a success. It also appears that there is an increase in enquiries from persons with minority group backgrounds. Registration has not been organized. Only for use of interpreters, and interpreters have not been used in 2010.

The Centre expects that the number of users will increase as the scheme becomes more widely known. In connection with this is it desirable with improved financial support with respect to distributing information on the scheme. The centre still has a goal of reaching recently-arrived foreigners or minorities that are very isolated from Norwegian society.

In the centre's opinion, the duty lawyer scheme has produced good results. The responses that the centre has received from the victims/clients are extremely positive. The centre is aware that the scheme has already resulted in substantial payments of compensation to victims of violence.

Significant increase in number of enquiries in January 2011

In January 2011 the duty lawyer scheme experienced a strong increase in the number of enquiries. As of today, 24 January 2011, three duty lawyer sessions have been held. These took place on 6 January, 13 January and 20 January. The number of enquiries at the sessions have been 5, 4 and 3 respectively. Several of the enquiries in 2011 have led to reports to the police.

When comparing the number of enquiries with January 2010, there has been a significant increase. In January 2010 the duty lawyer had a total of 7 enquiries. For January 2011, the duty lawyer has received 12 enquiries. There has thus been an increase of 5 enquiries compared to January 2010. This applies even though there is still one duty lawyer session left in January. This entails that the number of enquiries in January will increase significantly compared to the same period for 2010.

The high demand in 2011 illustrates the great need for legal aid among rape victims. The increase in enquiries in 2011 is a reflection of criminal statistics, which show a steady increase in the number of reported rapes in recent years.

Continued lawyer scheme

On 30 November 2010 an application was submitted for funds for the 2011 duty lawyer scheme.

The aim is to continue the lawyer scheme and the positive results this has had for the users. In order to reach more users and raise the awareness of the scheme, it is desirable with information funds. One particular aim is to make the scheme known to under-age victims, immigrants and homosexuals.

Internal affairs

Skills enhancement/staff development

Everyone who works at DIXI receives regular guidance through external supervisors. This is done both individually and in groups. Instruction is given a high priority to ensure a healthy working environment, security and to prevent burnout. Appraisal interviews are carried out with all employees. DIXI Oslo is a member of the HSH employers' association, Department of Health and Social Services. This ensures that we remain up-to-date on the regulations in the professional arena. We spend time developing a good personnel policy that is suited to DIXI Oslo.

The staff attend courses and training days that are relevant and of interest within each individual's area of responsibility so as to keep professionally up-to-date.

Internal

We started the year with a team-building day with the theme "Success factors for team sports" with Susann Goksøyr Bjerkreim from Solid utvikling.

Two specialist days on work with minorities have been arranged, Oslo crisis centre organized the day for us in April, and Betzy crisis centre in Drammen did so in May.

A specialist day with a psychologist and gestalt therapist Julianne Apple Opper was held on the subject: traces of shock trauma – cultural communication.

External

In both the spring and autumn there have been specialist days/workshops in cooperation with Oslo crisis centre with gestalt therapist Julianne Appel Opper on the subject "How to integrate attentiveness and knowledge on inter-cultural communication in you day-to-day work?"

Employees have also participated in courses/seminars on shock, trauma, relations and trauma treatment.

ADAM guidance days

ADAM is a church-operated contact and assistance service for men who have been victims of sexual abuse when growing up or later in life. It is located at the Church's resource centre to prevent violence and sexual abuse in Oslo. ADAM organized guidance days with participants from various centres in Norway that work with boys and men. Two employees from DIXI participated

Schizophrenia days in Stavanger 3 -5 November

Two employees from the centre participated.

The theme for the days was: All you need is love - between sense and sensibility

Affective disorders

The Schizophrenia days were held for the 22nd time and dealt with the completely necessary, but occasionally problematic and difficult emotions.

Sense and sensibility are often portrayed as opposites, but usually exist in harmony. When sensibilities swell, it can however seem like they almost suffocate sense, making it difficult to think clearly.

Affective disorders is the term for a group of disorders that are characterized by excessive mood swings, either in one direction as in the depressive conditions, or between depressive and high phases as in the bipolar disorders.

Depression is a common condition that will afflict approximately 20% of the female population and 10% of the male population at some point in their lives. Depressions are complex disorders that affect the body as well as the psyche, and thus provide little support for the notion of the body and mind as separate as proposed by philosopher Descartes. Psychologists Berge and Repål have more accurately termed the depressive disorders "thieves of happiness", because they steal self-confidence, energy and the joy of life from us. For reference and for more information on the Schizophrenia days, see www.psykopp.no

The national conference "Hope," organized by the National association for prevention of self-harm and suicide.

Library

DIXI has some exciting, interesting and informative books on loan. We feel it is important to amass a rich library, both of specialist books and fiction. Some of our books and journals must be read at the centre.

Media

DIXI has been active with respect to the media and has provided statements and interviews on current issues to radio, TV and the daily and weekly press. Statistics show that the media use us more and more frequently. The press is an important forum that is instrumental in putting the spotlight on rape and sexual assaults, which are a major social problem.

The Board of Directors at the DIXI Resource Centre Foundation, Oslo

The board members are: chairman Ivar Westhagen – associate professor and chartered engineer, board member Marianne Grimsø – head of the County committee, and board member Herdis Ragnhild Magerøy – general manager of DIXI Oslo.

New board members in 2010: Hilde Dirkson – gestalt therapist, Marie Gjelsten – IBM, Gard Olav Gabrielsen, justice policy adviser for the Conservative Party's parliamentary group

Board members who resigned in 2010: board member Therese Wingaard – freight forwarder, board member Heidi Minde - gestalt therapist, board member John Steineger - physician and psychiatry specialist.

DIXI's premises

DIXI is located in Arbinsgt. 1, 3rd floor. The premises are currently satisfactory. No changes are planned, except necessary maintenance. The premises have a lift and are accessible to disabled people.

Opening hours

Our opening hours are currently Monday to Friday 09.00 to 15.00. This year the centre extended its opening hours on Wednesdays to 09.00 to 20.00.

How to get in touch with us?

DIXI Oslo Tel no: 22 44 40 50 Fax: 22 44 40 55 Mobile: 930 58 070.

E-mail: dixi@dixioslo.no

We are bound by a duty of confidentiality! Our services are free of charge.

Finances

DIXI applied for combined municipal and government support of NOK 3,775,000 for 2010, shared between 755,000 from Oslo municipality and 3,020,000 in government grant (20/80 rule).

In July we were notified that the Directorate for children, youths and family affairs would not approve the centre's budget without amendments.

Among other things, the Directorate had views on funds that were reserved for information purposes and wanted to reduce the government contribution to NOK 2,489,141.

This was a reduction of NOK 530,859 that would mainly affect information measures – a reduction of almost 50%

Through the appeal procedure we reduced the budget cut such that the year's combined support from government and municipality was NOK 3,594,141, whereof the government contribution totalled NOK 2,839,141. The net reduction of the total budget was thus NOK 180,859. The so-called 20/80 rule was thus not fulfilled.

Gifts: NOK 3363.93

Joint project with the Norwegian Ministry of Justice: Free legal aid NOK 137,000.

NOK 60,000 was paid to the Board of Directors in 2010.

As shown in the accounts, the funds were utilised in accordance with our objectives. DIXI Oslo employs Heiene regnskap AS and chartered auditor Erik Enger from BDO Noraudit Oslo DA.

In 2010 DIXI has had the following employees:

General Manager and Consultant in full-time employment.

One consultant in a 60% position and an office assistant/consultant in a 40% position increased to 50% as of 1 May 2010.

Newly hired consultant as of 13 October 2010 in a 13.33% position.

Number of permanent FTEs: 3.2. All employees are women.

The wage framework within the HUK area forms the basis.

All employees have occupational injury insurance, collective life insurance and accident insurance through HSH and a pension arrangement through Sparebank1.

Future requirements

In 2011 DIXI will continue to focus on work to reach boys and men. We have already seen a need for this in 2010 as the number of enquiries at the centre from men is on the increase.

Oslo is a multicultural city and we will continue our work on reaching minorities. This work is time-consuming. The centre would like to provide information on DIXI's work to relevant agencies that cater to minorities. A goal is to hire a person with a multicultural background that will have the main focus on this work.

The centre will further emphasize information and information work to the relevant agencies. Work will still have to continue on all activities DIXI is involved in. Unfortunately, rape is not declining and is a major social problem in Norway.

14 February 2011

DIXI Resource Centre Oslo
The Board of Directors

Ivar Westhagen
Chairman of the Board

Herdis Ragnhild Magerøy
General manager and board member

Marie Gjelsten
Board member

Hilde Dirkson
Board member

Gard Olav Gabrielsen
Board member

Marianne Grimsø
Board member

APPENDIX

History

DIXI Resource Centre was established on 26 November 1998.

From 1998 and until 6 February 2001 the centre was open once a week. The centre was granted start-up funding by the Norwegian Ministry of Justice. In addition, DIXI received financial support from the City of Oslo through funding for volunteer organisations. In 2001 Oslo City Council allocated NOK 300,000 in funds. This made it possible to establish a part-time salaried position (50%).

Since the centre opened and until 31 December 2009, DIXI has received 14,716 referrals.